

The Powassan & Area Figure Skating Club is pleased to announce

WINTER FUNSKATE

to be held at the Sportsplex '78 - Main Street, Powassan, Ontario

Saturday, November 28, 2009

Sanctioned by Skate Canada

The Powassan & Area Figure Skating Club is pleased to host the 16th annual 'Winter Funskate' competition. This competition will be held in accordance with Skate Canada Rules unless otherwise specified, and is open to any amateur figure skater in good standing with Skate Canada.

ENTRY FEES:	Canskate Circuit Event:	\$25.00 per skater
	Singles Events:	\$45.00 per skater
	Element Events:	\$15.00 per skater
	Team Events:	\$10.00 per skater \$15.00 per skater (if only event)

QUALIFICATIONS: Test qualifications will apply as of November 2, 2009.

Birth certificate and proof of tests passed are required for all events.

ENTRIES: Entries must be postmarked no later than November 4, 2009. Cheques should be made payable to Powassan & Area Figure Skating Club. No refunds or withdrawals shall be accepted after the deadline.

MUSIC: Cassettes or Compact Discs. Two (2) clearly labeled cassette tapes or compact discs must be registered at the music registration desk at least one hour prior to the event. Music is to be picked up after the event.

ICE SURFACE: 185' x 90'

MARKING SYSTEM: OBO Method

AWARDS: All flights are final. Medals will be presented for 1st, 2nd and 3rd place, ribbons for 4th, 5th and 6th place. Participant ribbons for any other placement.

GENERAL

ADMISSION: Adults: \$3.00
Students (7 - 18): \$2.00
6 years and under: FREE

Mail Entries to:
PAFSC
P.O. Box 507
Powassan, Ontario
P0H 1Z0

For additional information contact:

Angie Punnett @ 705-724-2425
winterfunskate@hotmail.com

GENERAL INFORMATION

CANSKATE EVENTS

½ ice with no music

WARM UPS WILL = 2 MINUTE WARM UPS

Skaters will perform elements in a circuit. The circuit will follow in order the elements as listed below. Infractions will be penalized as per the Skate Canada Starskate Events rules, also posted on the Skate Canada Website

Skaters must be registered in the Canskate Program or CanPower Program and are categorized according to age. To ensure proper categorization, confirmation from the Professional Coach and/or Canskate Program Coordinator is essential.

FREESKATE EVENTS

WARM UPS WILL BE SOLO LENGTH + A MINUTE

All skaters must be registered in the StarSkate Program.

Skaters will perform to the designated time (+/- 10 seconds). The solo will consist of the elements required for that test level and are limited to the restrictions in their respective category.

Skaters are categorized according to age, gender and tests passed. To ensure proper categorization, confirmation from the Professional Coach and/or Test Chair is essential.

ELEMENT EVENTS

WARM UPS WILL = 2 MINUTE WARM UPS

Only **HALF THE ICE** surface will be used for **ALL** elements. All skaters in each flight will be on the ice at the same time. After the warm up each skater will perform the designated element. If so desired the skater may request a second attempt by signaling the referee. The second attempt is the one marked by the judges. The elements are skated without music.

TEAM EVENTS

WARM UPS WILL BE 1 MINUTE

Only **HALF THE ICE** surface will be used for **ALL** team events **EXCEPT JR BRONZE TEAMS**. Eligibility is by test level. Each team will consist of four (4) skaters. Teams may consist of four female skaters, four male skaters, or any combination thereof. Teams may have members from different home clubs. Substitution(s) of a team member(s) may be made after the closing date of entries for medical reasons only. A skater may participate in only one team event. A Team Captain must be named on the entry form for confirmation contact.

All teams in each flight will be on the ice at the same time. After the warm up a team member from each flight will perform the designated element. If so desired the skater may request a second attempt by signaling the referee. The second attempt is the one marked by the judges. The elements are skated without music

CANSKATE EVENTS

- ⇒ All skaters must be registered in the CanSkate OR CanPower Program.
- ⇒ CanSkate events **will** be skated in a Circuit.
- ⇒ Programs **must** contain specific elements as listed below in **the ordered listed below**
- ⇒ Any additional skills will be penalized by a deduction of .2 from the technical mark, excluding spirals, connecting steps, footwork, and jumps of ½ rotation or less (Power Jumps, etc) unless specified for the event.

NOTE TO COACHES: *Elements must be skated in the order they appear below.*

Thank you.

CANSKATE BEGINNER

BADGE LEVEL: Must not have passed any CanSkate badge.

SPECIFICATIONS FOR EVENT:

- ½ sit glide – forward or backwards
- Backward skating
- ½ or ¼ Two foot turn on the spot
- Two foot jump on the spot
- Forward skating

CANSKATE 1

BADGE LEVEL: Must have passed Stage 1 but no higher.

SPECIFICATIONS FOR EVENT:

- Backward skating
- Forward glide (2 feet to 1 foot)
- Forward two foot sculling
- Two foot jump while gliding forward
- Two foot spin

CANSKATE 2

BADGE LEVEL: Must have passed Stage 2 but no higher.

SPECIFICATIONS FOR EVENT:

- Two foot turn forward to backward
- Backward skating
- Two foot spin
- Forward spiral
- Two foot jump while gliding backward

CANSKATE 3

BADGE LEVEL: Must have passed Stage 3 but no higher.

SPECIFICATIONS FOR EVENT:

- Backward two foot sculling
- Two foot side stop
- Forward spiral
- Forward outside edge entry 3 turn
- Backwards glide on a curve (two foot to one foot)

CANSKATE 4

BADGE LEVEL: Must have passed Stage 4 but no higher.

SPECIFICATIONS FOR EVENT:

- Backwards circle thrust (NOT SCULLING – FREE FOOT MUST COME OFF ICE)
- One foot spin
- One foot jump forward to backward (THREE JUMP)
- Backward spiral
- Forward outside edge development (step/step/step and hold on alternating edge)

CANSKATE 5

BADGE LEVEL: Must have passed Stage 5 but no higher.

SPECIFICATIONS FOR EVENT:

- Forward one foot spin with forward outside edge
- Backwards crosscuts
- Waltz jump
- Backward outside development (step/ step/ step and hold on alternating curves)
- Forward Inside edge entry 3 turn

CANSKATE 6

BADGE LEVEL: Must have passed Stage 6 but no higher.

SPECIFICATIONS FOR EVENT:

- Backward outside edges (MINIMUM 2 EDGES ON EACH FOOT)
- Waltz jump with backward crosscuts entry
- Forward chasses
- Forward one foot spin with backward crosscut entry.
- Toe Loop or Salchow

FREE SKATE EVENTS (STARSkate)

- All skaters must be registered in the STARSkate Program. Skaters who have completed the CanSkate program during the season are eligible for these events.
- Skaters may enter either STARSkate Singles Events or Competitive Events **BUT NOT BOTH**.
- Skaters who have registered for the 2010 Sectional Competition must compete in Competitive Events for the balance of the season.
- Skaters may skate up one category.
- All categories may be divided by age
- All categories have the program time listed that will be used for the 2010 qualifying event for Trillium STARSkate (Festival of STARS). Competition organizers may change the program times by 30 seconds to allow skaters to skate up a category.

All programs MUST be based on the Well Balanced Program. The Free Skates have been revised as per Skate Canada 2009/2010 STARSkate Well Balanced Program Requirements. The WPB will be strictly enforced, and deductions will be given for any elements that are not specified.

NOTE: As per the competitive stream, for all recreational levels - a spin of any nature - the skater cannot repeat a spin that has already been performed.

PRE-INTRODUCTORY -

TEST REQUIREMENTS: **Must NOT have passed ANY Skate Canada tests.**

SPECIFICATIONS FOR EVENT: One free program of 1.5 minutes in length (+ / - 10 seconds)

1. Maximum 6 jump elements
 - May include a waltz jump, salchow, toe loop, and loop – **no higher jumps allowed**
 - Must include at least 1 waltz jump
 - Maximum 2 combinations or sequences (using the above specified jumps only)
 - Maximum 3 different jumps repeated and no jump included more than 3 times. Repeated jumps must be in combo or sequence.
2. Maximum 2 spins
 - No flying spins or combination spins permitted
 - 2 spins must be in one position, not in combination, no change of foot
3. Maximum 1 step sequence OR series of 2 field moves (but not both)

INTRODUCTORY FREE SKATE

TEST REQUIREMENTS: **May not have passed any part of a preliminary free skate test.**

SPECIFICATIONS FOR EVENT: One free program of 1.5 minutes in length (+ / - 10 seconds)

1. Maximum 6 jump elements
 - No jump higher than 1 flip – **no higher jumps allowed**
 - Must include at least 1 waltz jump
 - Maximum 2 combinations or sequences (no jumps higher than a flip allowed)
 - Maximum 2 different jumps repeated and no jump included more than twice. Repeated jumps must be in combo or sequence.
2. Maximum 2 spins
 - No flying spins permitted
 - 2 spins must be in one position, not in combination, no change of foot
3. Maximum 1 step sequence

NOTE: Please check Skate Canada website for updates to well balanced program requirements from Pre-Preliminary to Gold

PRE-PRELIMINARY FREE SKATE

TEST REQUIREMENTS: **May have passed a Skate Canada test, but must not have passed the complete Preliminary Free Skate Test.**

SPECIFICATIONS FOR EVENT: One free program of 1.5 minutes in length (+ / - 10 seconds)

1. Maximum 6 jump elements
 - No jump higher than 1Lutz
 - Must include at least 1 waltz jump
 - Maximum 2 combinations or sequences. Jump combinations may contain no more than two jumps.
 - No jump included more than twice. Repeated jumps must be in combo or sequence.
2. Maximum 2 spins
 - No flying spins permitted
 - 1 spin must be in one position, not in combination, no change of foot
 - Maximum 1 may be a combination spin, no change of foot
3. Maximum 1 step sequence or spiral sequence.

PRELIMINARY FREE SKATE

TEST REQUIREMENTS: May have passed the Preliminary Free Skate test but no higher complete free skate test.

SPECIFICATIONS FOR EVENT: One free program of 2.0 minutes in length (+/- 10 seconds)

1. Maximum 6 jump elements
 - All single jumps permitted and maximum one double jump which may be a Double Salchow or Double Toe Loop
 - Must include at least 1 Axel type jump (waltz or single Axel)
 - Maximum 2 combinations or sequences. Jump combinations may contain no more than two jumps.
 - No jump included more than twice. Repeated jumps must be in combo or sequence. The double jump may not be repeated.
2. Maximum of 2 spins of any nature
 - Maximum 1 spin may be a flying spin
 - One spin of any nature.
3. Maximum 1 step sequence or spiral sequence.

JUNIOR BRONZE FREE SKATE

TEST REQUIREMENTS: May have passed the Junior Bronze Free Skate test but no higher complete free skate test.

All elements will be called no higher than Level 1.

SPECIFICATIONS FOR EVENT: One free program of 2.5 minutes in length (+/- 10 seconds)

1. Maximum 7 jump elements
 - All single jumps permitted and maximum two double jumps that may be up to and including double loop.
 - Must include at least 1 Axel type jump (waltz or single Axel)
 - Maximum 2 combinations or sequences. Jump combinations may contain no more than two jumps.
 - No jump included more than twice. Repeated jumps must be in combo or sequence. The double jump may not be repeated.
2. Maximum of 3 spins
 - 1 Spin must be a flying spin
 - 1 spin must be a combination (change of foot mandatory)
 - 1 spin of any nature
3. Maximum 1 step sequence or spiral sequence.

NOTE: Skaters may skate up in the Free Skate events.

ELEMENTS EVENTS

- Elements will be skated in isolation (**per LTAD philosophy**)
- Spins and combination spins must be held for the specified revolutions.
- There must be no turn or change of foot between jumps in combination
- An axel is a single jump
- If not successfully skated the first try, each element may be retried once, by signaling the referee with a raised hand
- *Elements that require skaters to be physically joined together at any time are prohibited* – these include a team spiral or shoot-the-duck. The rationale for the removal of these team element events is due to an increased concern for skater safety.

PRE-INTRODUCTORY ELEMENTS

TEST: **Must NOT have passed ANY Skate Canada Tests**

NO MUSIC – ½ Ice Surface

SPECIFICATIONS FOR EVENT:

1. Waltz Jump
2. Salchow Jump
3. Toe Loop Jump
4. Forward Upright Spin, minimum 2 rotations
5. Field Movement of your choice

INTRODUCTORY ELEMENTS

TEST: **May not have passed any part of a preliminary free skate test,**

NO MUSIC – ½ Ice Surface

SPECIFICATIONS FOR EVENT:

1. Waltz Jump
2. Salchow Jump
3. Loop Jump
4. Forward Upright Spin, minimum 2 rotations
5. Field Movement of your choice

PRE-PRELIMINARY ELEMENTS

TEST: Must not have passed the complete Preliminary Free Skate Test.

NO MUSIC – ½ Ice Surface

SPECIFICATIONS FOR EVENT:

1. Loop Jump
2. Flip Jump
3. Toe Loop/Toe Loop Jump Combination
4. Spin in one position (change of foot optional), minimum 2 rotations
5. Forward Spiral, edge optional

PRELIMINARY ELEMENTS

TEST: May have passed the Preliminary Free Skate test but no higher complete Free Skate test.

SPECIFICATIONS FOR EVENT:

1. Flip Jump
2. Lutz Jump
3. Jump Combination with 2 singles or 1 double and 1 single
4. Camel/Sit Spin, no change of foot, minimum 3 rotations in each position
5. Backward Spiral, edge optional

JUNIOR BRONZE ELEMENTS

TEST: May have passed the Junior Bronze Free Skate test but no higher complete Free Skate test.

SPECIFICATIONS FOR EVENT:

1. Axel Jump
2. Double Salchow Jump **OR** Double Toe Loop Jump **OR** Double Loop Jump
3. Jump Combination with 2 singles or 1 double and 1 single
4. Flying Camel Spin, minimum 3 rotations
5. Series of Field Movements that cover at least ½ the ice surface

TEAM EVENTS

Each team will consist of four skaters. Only half the ice surface will be used for all team events.

- Canskate 1** **Must be registered in the Canskate program and working on stages 1 - 3**
1. Forward two foot sculling
 2. Forward power jump
 3. Two foot spin
 4. Spiral
- Canskate 2** **Must be registered in the Canskate program.**
1. One foot turn (forwards to backwards) (3 turn)
 2. Two foot spin
 3. Spiral
 4. Rotating Power Jump (waltz jump)
- Pre Introductory** **Must not have passed any part of a Skate Canada test and if registered in a free skate event it must be Pre Introductory or lower.**
1. Waltz jump
 2. One foot spin
 3. Forward spiral
 4. Salchow/toe loop combination
 - 5.
- Introductory** **May not have passed any part of Skate Canada PRELIMINARY FREE SKATE TEST If registered in free skate event it must be INTRODUCTORY.**
1. Waltz jump
 2. One foot spin
 3. Forward spiral
 4. flip /toe loop combination
- Pre Preliminary** **May have completed a Skate Canada test but not the Preliminary Free Skate test.**
1. Flip
 2. One foot spin
 3. Spiral, edge optional
 4. Waltz jump/loop jump combination
- Preliminary** **May have completed the Skate Canada Preliminary Free Skate test, but no higher test.**
1. Flip
 2. Sit spin
 3. Salchow/toe loop combination
 4. Lutz
- Junior Bronze** **May have completed the Skate Canada Junior Bronze Free Skate test, but no higher test.**
1. Axel
 2. Flying camel (minimum three revolutions)
 3. Combination jump (any double followed by a single)
 4. Backward outside spiral

